

dōTERRA A2Z Chewables™

- Contains a superfood blend that helps support overall health and wellness.*
- A balanced blend of essential vitamins including the antioxidant vitamins A, C, and E, and a cellular energy complex of B vitamins.*
- Includes a blend of bioavailable minerals including calcium, magnesium, zinc, copper, and manganese.
- Specially formulated to be used daily with IQMega as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness*
- Supports healthy cell development.*
- Provides antioxidant protection against free-radical damage.*
- Supports healthy cell function and metabolism by providing antioxidant protection to cellular DNA.*
- Provides cellular energy blend of B vitamins, which are important metabolic factors of cellular energy.*
- Provides essential nutrients and antioxidants that support healthy cell development and longevity.*

Alpha CRS+®

- Supports healthy cell function and metabolism by reducing oxidative stress to DNA and other critical cell structures.*
- Helps to protect cells against oxidative stress.*
- Supports cellular energy by supporting healthy mitochondria and by supplying metabolic factors of energy production.*
- Supports healthy cellular immune function.*
- Supports mental clarity and brain function.*
- Helps support healthy cell function and metabolism.*
- Includes potent levels of metabolic factors of cellular energy.*
- Includes botanical extract blend to prevent stomach upset.*

Anti-Aging Moisturizer

- Promotes healthy looking skin.
- Has calming and balancing properties.
- Reduces the appearance of fine lines and wrinkles.
- Promotes skin clarity, reduces appearance of spots and discoloration.

Arborvitae

- Protects against environmental and seasonal threats.
- Powerful cleansing and purifying agent
- Naturally repels insects.
- Preserves wood naturally.
- Apply to wrists and ankles while hiking.
- Add a few drops to a spray bottle with water and spray on surfaces or hands for a protecting solution.
- Diffuse to purify the air.
- Diffuse for a grounding aroma.
- Mix four drops of Arborvitae essential oil and two drops of Lemon essential oil with a carrier oil for an effective wood preservative and polish.
- Use during meditation for a sense of peace and calm.
- Mix in with mulch while gardening.
- Create your own cologne with Cedarwood, Arborvitae, and Frankincense.

AromaTouch®

- Comforting and relaxing effects.
- Adds an aromatic experience to a soothing massage.
- Apply to neck and shoulders to promote feelings of relaxation and lessen tension.
- AromaTouch is used in the AromaTouch Technique® in combination with seven other oils.
- Add to Epsom salts and enjoy soaking in a hot bath.

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- Give your loved one an AromaTouch Hand Technique with the AromaTouch essential oil blend.
- Diffuse to create a spa environment.
- Rub on shoulders to release feelings of tension.

dōTERRA Balance®

- Promotes a whole-body sense of relaxation.
- For a grounding experience, breathe in deeply.
- Evokes feelings of tranquility and balance.
- Begin your day by putting Balance on the bottom of your feet to lessen stress throughout the day.
- Use before bed for a restful night's sleep.
- Use before bed while thinking positive thoughts to promote peaceful dreams.
- Use while meditating or practicing yoga.
- Add to Epsom salts for a comforting bath.
- Balance is great to use during an AromaTouch Hand Technique.
- Apply Balance to your wrists or neck to help ease anxious feelings.
- Diffuse in your car during road trips to create a calm environment.

Basil

- Acts as a cooling agent for the skin.
- Promotes mental alertness and lessens anxious feelings.*
- Diffuse to promote a sense of focus while studying or reading.
- Massage with wintergreen and carrier oil on back of neck for a stress-relieving experience.
- May help to ease monthly feminine discomfort.*
- Take a drop internally to provide soothing support during menstrual cycle.*
- Diffuse for feeling of relief at the end of your work day.
- Add to your favorite Italian dishes for a refreshing taste.
- Blends with Lime, Bergamot and/or Peppermint for an invigorating aroma.

Bergamot

- Calming and soothing aroma.
- Frequently used in massage therapy for its calming benefits.
- Diffuse in the classroom, at work, or at home when stress levels or tension is high.
- Apply to the skin while showering and inhale deeply to experience its calming aroma while enjoying its purifying skin benefits.
- Change regular tea to Earl Grey with the addition of Bergamot.
- Apply to the feet before bedtime for a sense of calm and harmony.
- Add one to two drops to your next DIY skin care cleanser.
- Mixes well with Lavender, Patchouli, Lime, and Arborvitae.
- Diffuse for a sense of self confidence.

Birch

- Birch contains the same active ingredient as Wintergreen.
- Massage into hands, back, and legs for a soothing and warming sensation after exercise.
- Place a few drops of Birch on a cotton ball and place in your gym bag. Birch's strong scent will work to mask any odor.
- Apply to skin to reduce the appearance of blemishes.
- Diffuse for a sweet, uplifting aroma.
- Commonly used in oral health care products.

Black Pepper

- Rich source of antioxidants.*
- Enhances food flavor.
- After your afternoon nap apply to the bottom of your feet for a stimulating wake up.
- Maintains healthy circulation.*
- Diffuse or inhale directly to soothe anxious feelings.
- Take one to two drops in capsule for antioxidant support.*
- Add to meats, soups, entrees, and salads to enhance food flavor.

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- Diffuse for a vitalizing aroma.
- Blends with Clove, Juniper Berry, Cedarwood, or Cilantro.
- Add one drop to a steak marinade.

Bone Nutrient Lifetime Complex™

- Provides optimal levels of vitamins and minerals essential for developing and maintaining healthy bone mass and density.*
- Provides 100 percent of the recommended daily amounts of calcium and magnesium.
- Supports healthy bones and overall health throughout a woman's lifetime.*
- Contains vitamin D2 and D3 to help bones absorb calcium.*

dōTERRA Breathe®

- Maintains feelings of clear airways and easy breathing.
- Helps minimize the effects of seasonal threats.
- Diffuse or inhale directly from palms, or rub on chest when environmental threats are high.
- Use when outdoors to minimize the effects of seasonal changes.
- Diffuse at bedtime to promote a restful night's sleep.
- When loud noises are keeping you up at night, diffuse for a calming effect that promotes a restful night's sleep.

dōTERRA Breathe® Respiratory Drops

- Maintains clear airways and breathing.*
- Supports overall respiratory health.*
- Calms the senses.*
- Supports mental clarity and function.*

Cardamom

- May help to ease indigestion and maintain overall gastrointestinal health.*
- Promotes clear breathing and maintains respiratory health.*
- Flavorful spice for cooking and baking for great Indian flavor.

- Take internally to help alleviate occasional feelings of stomach discomfort.*
- For feelings of mental clarity.
- Breathe in for sense of openness and clear head.
- Blends well with Lavender and Clove.
- Apply to chest while planting flowers or cutting grass.
- Take a drop or two internally after over indulging at dinner.*
- Delivers a cooling sensation on skin.

Cassia

- Take one to two drops internally to promote healthy cardiovascular system function.*
- Take in veggie capsule to maintain cardiovascular health.*
- Promotes healthy digestion.*
- May help to supports healthy immune system function.*
- Warming, uplifting aroma.
- Diffuse for feelings of arousal.
- Blends well with citrus oils or White Fir.
- Diffuse with Clove and Ginger during fall and winter for a happy holiday.
- Take one to two drops in veggie capsules for healthy immune system support.*
- Combine one to two drops along with Lemon in a glass of water to aid digestion or ward off hunger cravings.*
- Massage with carrier oil for warming sensation.
- Put a drop in your water when hiking to support hydration.

Cedarwood

- Before exercising, massage one to two drops into your chest to maintain vitality throughout your workout.
- After a difficult day, diffuse Cedarwood to relax the mind and the body.
- During your facial routine, add one to two drops of Cedarwood to your facial toner or moisturizer for added clarifying properties.
- After noticing a fresh skin imperfection, directly apply one drop to affected area to immediately improve the appearance.

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- Place a drop on a cotton ball and place in closets, storage boxes, or other areas to keep moths at bay.
- Add to mulch or topsoil to repel insects.
- When a child wakes up scared, apply to the bottom of feet to return a peaceful feeling.
- Take internally to promote relaxation.*
- Naturally repels insects.

Cilantro

- Add to salads, dips, and guacamole to experience Cilantro's distinct flavor.
- Place one to two drops in a dōTERRA Veggie Cap to experience Cilantro's cleansing and detoxifying effect.*
- For a fresh, clean-smelling, herbal aroma, diffuse three to four drops of Cilantro with the citrus essential oil of your choice.
- Assists with digestion after over-indulging at dinner.*

Cinnamon Bark

- During your nightly routine, add one drop of Cinnamon to two ounces of water and gargle for an effective mouth rinse.
- Place two to three drops in a spray bottle with water for a quick and effective cleaning spray.
- During the winter months, dilute Cinnamon with Fractionated Coconut Oil and create a warming massage for cold, achy joints.
- Place two to three drops in a dōTERRA Veggie Cap to maintain a healthy immune system.*
- Place one drop of Cinnamon essential oil in hot water or tea and drink slowly to soothe your throat.*
- Add to your favorite recipes in place of ground cinnamon for a delightfully spicy flavor.
- Supports healthy metabolic function.*
- Naturally repels insects.

Citrus Bliss®

- After a long day of work, diffuse to help reduce stress and uplift a bad mood.
- Place one to two drops on your wrist for a refreshing everyday perfume.
- In the morning, apply one to two drops of Citrus

Bliss to the bottom of your feet to invigorate your mood and prepare you for the day.

- Add to a carrier oil for a cheerful hand massage
- Helps reduce stress and uplifts mood.
- Positively affects mood with energizing and refreshing properties.
- Diffuse to help uplift mood.
- Put one drop on your wrist and rub both wrists together for a great everyday perfume.
- Add two to three drops to dryer sheets to add a refreshing aroma to your laundry.

Citrus Bliss® Hand Lotion

- Apply to skin throughout the day for a light, uplifting fragrance.
- Citrus Bliss Hand lotion contains natural plant extracts that leave skin feeling soft and hydrated.
- Contains important botanicals, and humectants that maintain skin's natural moisture.
- This hand lotion absorbs quickly and thoroughly into the skin for a non-oily finish.
- Light, uplifting scent with a kiss of vanilla and a bouquet of citrus essential oils.
- Perfect size to tote in a car, take to the office, or put in a purse or bag.

Citrus Bliss® Invigorating Bath Bar

- Lather up and let the lively scent of Citrus Bliss create a sense of optimism and contentment.
- Gently buff away dry, dull skin with natural oatmeal while cleansing the body to reveal a radiant glow.
- Step out of your morning shower feeling invigorated and ready for the day.
- Contains Citrus Bliss Invigorating Blend.
- Provides an invigorating cleansing experience.
- Perfect for every member of the family.
- Gently exfoliates with natural oatmeal.

Clary Sage

- During your menstrual cycle, apply to abdomen for a soothing massage.
- Combine with Roman Chamomile and add to bath water for a stress-relieving bath.

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- Apply one to two drops to the bottom of feet or pulse points.
- Apply one to two drops to your pillow for a restful night's sleep.
- Add three to four drops to shampoo or conditioner to promote healthy-looking hair and scalp.

ClaryCalm®

- During your menstrual cycle, apply to abdomen to experience a soothing and calming massage.
- During moments of heat, apply to the skin for a cooling, soothing effect.
- Diffuse for a calming aroma that helps soothe heightened emotions.
- Helps balance mood throughout the month.

Clove

- Place one drop of Clove in two ounces of water and gargle for a soothing effect.
- Helps to clean the teeth and gums while promoting fresh breath.
- Combine with dōTERRA® Hand and Body Lotion for a warming massage.
- During your nightly routine, add one drop of clove to your toothbrush before applying toothpaste.
- After your six month cleaning at the dentist, apply one drop Clove to teeth and gums.
- Clove essential oil contains powerful antioxidant properties.*
- During the Fall and Winter season, diffuse three drops Clove, two drops Cinnamon, and one drop Wild Orange for an invigorating scent.
- Place two to three drops in a dōTERRA Veggie Cap and take internally to support cardiovascular health.*
- Naturally repels insects.

Coriander

- Blends well with Slim & Sassy.
- Place two to three drops in a dōTERRA Veggie Cap and take internally to promote digestion.*
- Add to oily skin to maintain a clear complexion.
- After a short workout, apply Coriander to legs for a soothing massage.

- Apply to the back of neck or bottom of feet to promote relaxation.
- Utilize Coriander while cooking for a warm, spicy flavor.

Correct-X®

- Helps soothe while simultaneously hydrating.
- Absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin.
- Helps to keep skin looking clean and moisturized.
- Keeps skin clean while recovering from distress.
- Keep on hand, when taking children to playground, sporting events, or camping.

Cumin

- Popular spice used in many dishes from around the world.
- Supports digestive health and helps to relieve occasional digestive discomfort.*
- Purifying to the body's systems.*
- Add one to three drops to stews, soups, and curries for a spicy flavor and to promote digestive health.
- Add one to two drops to four ounces of water and gargle for an effective mouth rinse.

Cypress

- Prior to a long run, apply Cypress to your feet and legs for an energizing boost.
- Apply two to three drops to chest before gardening to promote vitality and energy.
- Add one to two drops to your toner to help improve the appearance of oily skin.
- Diffuse with Lime essential oil for an invigorating scent.

Dill

- Supports digestion and overall GI health.*
- Purifying to the body's systems.*
- Diffuse with Bergamot and Lemon to lessen stress and anxious feelings.
- Add to marinades, soups, and salads to enhance flavor and promote digestion.*

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- Use when canning to help preserve garden vegetables.
- Add one to two drops to an herbal tea before bedtime to promote a restful sleep.

DDR Prime®

- Supports healthy cellular integrity.*
- Pairs well with Fractionated Coconut Oil for a soothing topical massage.
- Add one to two drops to citrus drinks, tea, or water and consume daily to protect the body and cells from oxidative stress.*

DDR Prime® Softgels

- Promotes a healthy response to free-radicals.*
- All the benefits of DDR Prime in an easy-to-swallow softgel.*
- Protects the body and cells from oxidative stress.*

Deep Blue®

- Apply on feet and knees before and after exercise.
- Perfect for a soothing massage after a long day of house work.
- Apply to hands and feet after gardening.
- Connect with Grandma by giving her a hand massage with Deep Blue.
- Rub Deep Blue on lower back muscles after a day of heavy lifting at work or during a move.
- Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime.
- After long hours on the computer, try rubbing Deep Blue essential oil blend on your fingers, wrists, shoulders, and neck.
- A few drops of Deep Blue Soothing Blend diluted in Fractionated Coconut Oil can be a part of a cooling and comforting massage after a workout.

Deep Blue® Rub

- Apply to grandmother or grandfather's hands for a cooling, comforting massage.
- Massage Deep Blue Rub into lower back after a day of heavy lifting at work or during a move.

- After long hours at the computer, rub into fingers, hands, arms, shoulders, and neck.
- Perfect for the athlete in your life, Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin soft and non-greasy.
- Synergistic blend of CPTG® essential oils that combine to create a cool, tingling sensation on the skin.

Deep Blue Polyphenol Complex™

- Includes proprietary, standardized extracts of ginger, curcumin, resveratrol, and other polyphenols to soothe aches and discomfort.*
- Patent-pending, fast-acting boswellia extract shown to help support muscles and joint comfort and function.*
- Take as needed when discomfort presents itself, or take it every day for long-lasting benefits.*

DigestZen®

- Before a road trip, apply one to two drops for a calming aroma.
- Have DigestZen on hand when enjoying heavy holiday meals to promote digestion.*
- When traveling or trying new foods take DigestZen to soothe occasional stomach discomfort.*
- Add to water or tea to maintain a healthy gastrointestinal tract.*
- Eases feelings of queasiness.*
- Use with fractionated coconut oil for a soothing abdominal massage.
- Helps reduce bloating, gas, and occasional indigestion.*

DigestZen® Softgels

- Have DigestZen Softgels on hand when enjoying heavy holiday meals to promote digestion.*
- When traveling or trying new foods take DigestZen Softgels to soothe occasional stomach discomfort.*
- Take with water or tea to maintain a healthy gastrointestinal tract.*
- Eases feelings of queasiness.*
- All the benefits of DigestZen in a convenient easy-to-swallow softgel.

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Elevation

- Before an interview, diffuse Elevation to promote feelings of confidence and self-worth.
- Use before public speaking to lessen feelings of stress.
- Rub Elevation over your heart, temples, or wrists to elevate mood and promote vitality.
- Diffuse Elevation before waking your children to create a positive and energizing mood.

Eucalyptus

- Diffuse during the winter months to invigorate you on a cold, dreary day.
- Add to a spray bottle with water and use it to wipe down surfaces in your kitchen or bathroom.
- Place one to two drops in your hand and inhale deeply to clear the mind.
- Add one drop to moisturizer and apply to skin for revitalizing benefits.
- Place a few drops in your morning shower to invigorate and promote vitality.

Facial Cleanser

- At the end of the day, apply to face and neck to remove makeup and other pore-clogging elements.
- Use in the evening to unwind and prepare for a restful night's sleep.
- Use it in the morning to prepare your face against any dirt or grime it may encounter.
- Cleanses and calms the skin.

Fennel

- Have Fennel on hand when enjoying a big meal to promote digestion.*
- Take internally to promote healthy digestion.*
- May help to promote healthy metabolism, liver function, and circulation.*
- May help to support the health of the lungs and respiratory tract.*

- Use with fractionated coconut oil for a soothing abdominal massage.
- Take a drop of Fennel in water or tea to help fight sweet tooth cravings.*
- Diffuse in your home or office to encourage a productive day.
- Apply to skin for a calming, soothing effect.

Frankincense

- Diffuse during your yoga practice to focus your intention for the day.
- Take one to two drops in a Veggie capsule to support healthy cellular function.*
- Add to moisturizer to reduce the appearance of blemishes and to rejuvenate the skin.
- When traveling somewhere dry, apply Frankincense to maintain healthy looking fingernails.
- Apply to the bottom of your feet to promote feelings of relaxation and to balance mood.
- After a day of outdoor activity, massage frankincense into hands and feet for a warming and soothing effect.

Fractionated Coconut Oil

- Feather-light emollient provides a soothing barrier without clogging pores.
- Ideal for combining with essential oils before applying topically to the skin.
- Completely soluble with all essential oils; odorless, colorless, and non-staining.
- Use it as a facial moisturizer for sensitive skin.
- Apply to your hair to condition, detangle, or control frizz.

Geranium

- Combine with Fractionated Coconut Oil to give your partner a sensual massage.
- Apply directly to skin or enjoy an aromatherapy steam facial to beautify skin.
- Apply to skin after a shower for a smoothing effect.
- Add a few drops to your shampoo or conditioner for a healthy, vibrant glow.

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- Apply under your arms after a sweaty workout or a day in the sun.
- Place one drop in the palm of your hands, rub hands together, and cup over nose and mouth and breathe slowly for a calming, grounding effect.
- Add to your next DIY potpourri.
- Naturally repels insects.

Ginger

- During a long car ride along windy roads, diffuse or place a drop of Ginger in the palm of your hand and inhale.
- May help to support healthy digestion.*
- May help to reduce bloating, gas, and occasional indigestion.*
- Apply over lower abdomen for a soothing massage.
- May help reduce occasional nausea.*
- Great to add to your dinner for enhanced flavor.
- Use one to two drops in place of whole ginger in favorite recipes.
- Diffuse to help create a sense of equilibrium.
- Diffuse for added energy in late afternoons.
- Delivers anti-oxidant protection.*
- Use with Fractionated Coconut Oil for a stimulating massage.

Grapefruit

- Add to your teenager's nightly facial routine to improve the appearance of blemishes (avoid sun exposure).
- Diffuse while dieting or trying to lose weight to increase motivation.
- Add one to two drops to your water to support a healthy metabolism.*
- For a soothing massage that leaves behind a light, uplifting fragrance, use Grapefruit.

GX Assist®

- Making a healthy lifestyle change, GX Assist can be your first step in an essential oil digestive maintenance program.*
- If you're looking for a natural way to cleanse, GX Assist is a proprietary blend of CPTG® (Certified

Pure Therapeutic Grade) essential oils and caprylic acid that supports a healthy digestive system.*

- After over-indulgence, take GX Assist to give your digestive tract a break.*

Hand & Body Lotion

- Provides conditioning emollients and natural botanical extracts to help keep the skin looking its best.
- Helps skin retain its natural moisture.
- Easily absorbs into skin leaving skin feeling and looking soft and smooth, not oily.

Hawaiian Sandalwood

- Add to your shampoo or moisturizer to improve the look of your skin and hair.
- Diffuse in your bedroom after a long, stressful day or before meditation.
- Apply to your skin the day before a big photo shoot or presentation.
- Diffuse or apply to the neck and shoulders at bedtime for a restful night's sleep.
- After a long day of working on your honey-do-list, add one to two drops to your hot bath to promote relaxation and reduce stress.

HD Clear™ Facial Kit

- Cleanses and purifies the skin.
- Provides optimal hydration for a balanced moisture level.
- Helps reduce the appearance of blemishes.
- Promotes a clear, healthy-looking complexion.
- Soothes the irritation of distressed skin.

HD Clear™ Facial Lotion

- During the teenage years or problematic times of the month, apply to promote a clear complexion.
- No matter the weather or elements you encounter, use to keep skin clean and hydrated.
- For a smooth, touchable face, apply to improve the texture of your skin.
- Use to promote a clear complexion.

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- Helps reduce breakouts.
- Soothes redness and irritations.
- Use as part of your morning and night facial routine.

HD Clear™ Foaming Face Wash

- After a difficult skin day, apply to reduce the appearance of blemishes.
- Use to renew your skin and promote a smooth, clear complexion.
- No matter what your skin is exposed to, apply to keep it clean and hydrated.
- Cleans without drying out.
- Use to remove oil and dirt for a fresh and clean feeling.
- Use as part of your morning and night facial routine.

HD Clear™ Topical Blend

- Apply to smooth out imperfections on your skin.
- Cleanse and hydrate your skin to look smooth and clear in the morning.
- During teenage years, apply to promote a clear complexion.
- Use to promote clear complexion.
- Helps reduce breakouts.
- Use as part of your morning and night facial routine.
- Helps keep skin clean, clear, and hydrated.

Healthy Hold Glaze

- Provides immediate conditioning, smoothing, and shine.
- When hair is untamable, apply for a light hold and perfect, soft style.
- Helps keep hair looking healthy even when exposed to sunlight and blow drying.
- Heat-activated conditioning.

Helichrysum

- Apply topically to reduce the appearance of blemishes.

- Apply to the face to reduce the appearance of wrinkles and to promote a glowing, youthful complexion.
- Use in conjunction with a full body massage to promote vitality and energy.
- Massage into the temples and back of neck for a soothing sensation.
- Improves appearance of the skin.
- May help to promote a healthy metabolism.*

Hydrating Cream

- This rich yet lightweight formula instantly hydrates and conditions skin.
- This Hydrating Cream helps improve the appearance of fine lines and wrinkles and leaves skin feeling rejuvenated.
- Apply each evening to help restore moisture content to the skin before facing the environmental stressors of the next day.
- Penetrates the skin evenly and effectively to allow for long-lasting moisture balance.

Immortelle Anti-aging Blend

- Helps to reduce the appearance of fine lines and wrinkles.
- Helps reduce contributing factors to the appearance of aging skin.
- Helps sustain smoother, more radiant, and youthful-looking skin.
- Apply as part of your morning and night facial routine.
- Apply topically to reduce the appearance of blemishes.
- Apply after a long day at the beach for a soothing sensation.
- Apply under your arms after a sweaty workout or a day in the sun.
- Helps to beautify the skin.
- A blend of powerful oils in every drop.

InTune® Focus Blend

- Enhances and sustains a sense of focus.
- Supports efforts of those who have difficulty paying attention and staying on task.

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- Apply to the temples and back of neck to when needing to tune in to tasks that require concentration.
- Apply to wrists or back of hands and inhale deeply to promote a sense of clarity.
- Use at work to stay on task or when feeling tired mid-afternoon.
- Diffuse or drop on a clay pendant and place on a desk or in other key areas in a classroom.
- Study-time blend.

Invigorating Scrub

- Invigorating and cooling properties.
- Exfoliates while moisturizing skin.
- Promotes skin clarity.
- Reduces appearance of spots and discoloration.

IQ Mega®

- Promotes healthy cardiovascular, nervous and immune system function.*
- Supports healthy joint function and comfort.*
- Provides important modulating nutrients for healthy immune function.*
- Protects against lipid oxidation and supports healthy function of the brain and eyes.*
- Promotes healthy skin.*

Jasmine

- Evokes feelings of joy, peace, and self-confidence.
- Helps balance mood throughout the month.
- Promotes a healthy-looking, glowing complexion.
- Nourishes and protects the skin and scalp.
- Reduces the appearance of blemishes.
- Helps balance mood throughout the month.

Juniper Berry

- Supports healthy kidney and urinary tract function.*
- Reduces the appearance of skin blemishes.
- Natural skin toner.
- Acts as a natural cleansing and detoxifying agent.*

- Add one to two drops to water or citrus drinks as part of a natural cleansing regimen.*
- Apply one drop to promote a clear, healthy complexion.
- Diffuse with citrus oils to freshen and purify the air and to lessen stress.
- Diffuse for positive feelings.
- Blends with Grapefruit, Bergamot, or Cypress.

Lavender

- Widely used for its calming and relaxing qualities.
- Soothes occasional skin irritations.
- Reduces appearance of skin imperfections.
- Helps to ease feelings of tension.*
- Add a few drops of Lavender to pillows, bedding, or bottoms of feet for a restful night's sleep.
- Freshen your linen closet, mattress, car, or the air with a light mist of Lavender combined with water in a spray bottle.
- Add to bath water to soak away stress or apply to the temples and the back of the neck.
- Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.
- Take internally to reduce anxious feelings.*
- Take internally for a peaceful sleep.*

Lemon

- Cleanses and purifies the air and surfaces.
- Naturally cleanses the body and aids in digestion.*
- Supports healthy respiratory function.*
- Diffuse to promote a positive mood.
- Take internally to assist with seasonal respiratory discomfort.*
- Add Lemon oil to a spray bottle of water to clean tables, countertops, and other surfaces.
- Lemon oil makes a great furniture polish; simply add a few drops to olive oil to clean, protect, and shine wood finishes.
- Use a cloth soaked in Lemon oil to preserve and protect your leather furniture and other leather surfaces or garments.
- Lemon oil is a great remedy for the early stages of tarnish on silver and other metals.
- Put on rag to help remove stubborn, sticky

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residue off surfaces.

- Wash hands with Lemon oil to remove grease after changing your oil.

Lemongrass

- Combine with carrier oil and massage after a hard workout.
- Apply after a long run for a refreshing feeling.
- Add to your DIY cleanser to tone and purify skin.
- Use to flavor entrées and meat dishes.
- Combine with Melaleuca and apply to toenails for clean, healthy nails.
- Rub or spritz on skin before going outside.
- Blends well with Basil, Cardamom, or Spearmint.
- Diffuse for a refreshing scent.
- Combine with Peppermint in a capsule to support healthy gastrointestinal function and maintain healthy digestion.*
- Naturally repels insects.

Lime

- Supports healthy immune function.*
- Positively affects mood with stimulating and refreshing properties.
- Often used as an internal cleanser.*
- Promotes emotional balance and well-being.
- Diffuse to cleanse the air and uplift your mood.
- Put some Lime on a cotton pad to help remove grease spots and sticker residue.
- Add a drop of Lime to your drinking water for enhanced flavor and antioxidant support.*
- Add one drop to your facial cleanser or shampoo for added cleansing properties.
- Combine with Melaleuca for a soothing scalp massage.
- Add a drop to your salsa.
- Diffuse while studying and then apply to wrists again while testing on those subjects.
- Blends with Cedarwood, Black Pepper, and Cilantro.
- Replace your sugar beverage with a drop of lemon and lime in water for a refreshing flavor.

Lip Balm with Peppermint & Wild Orange

- Non-waxy formula features moisturizing agents like shea and mango seed butters.
- Restores moisture to lips.
- Invigorates and enhances mood with a blend of Peppermint and Wild Orange.

Marjoram

- Valued for its calming properties and positive effect on the nervous system.*
- Add to a soothing massage blend for targeting tired, stressed muscles.
- Promotes healthy immune function.*
- May promote healthy cardiovascular system function.*
- Apply to the back of the neck to lessen feelings of stress.
- Use Marjoram essential oil in your next recipe that calls for dried Marjoram. Usually one drop of essential oil is equivalent to two teaspoons of dried herbs.
- Apply to muscles before and after exercising.
- Blends with lavender and rosemary.
- Apply to a fussy child's feet prior to a nap.

Melaleuca

- Renowned for its cleansing and rejuvenating effect on the skin.
- Promotes healthy immune function.*
- Protects against environmental and seasonal threats.*
- For occasional skin irritations, apply one to two drops of Melaleuca essential oil onto affected area.
- Add one to two drops to water, citrus drinks, or veggie caps to support healthy immune system function.*
- Combine one to two drops with your facial cleanser or moisturizer for added cleansing properties.
- Apply to skin after shaving.
- Apply to fingernails and toenails after showering to purify and keep nails looking healthy.

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- Add a few drops to a spray bottle with water and use on surfaces to protect against environmental threats.
- Create your own aftershave with Melaleuca and Cedarwood.
- Apply to the bottom of feet and inside shoes for a refresher.

Melissa

- May help to support a healthy immune system.*
- Calms tension and nerves.
- Diffuse at night or rub on forehead, shoulders, or chest to lessen stress and promote emotional well-being.
- Place one to two drops under the tongue or on roof of mouth.
- Add to moisturizer or a spray bottle with water and spritz on face to rejuvenate skin and refresh your thoughts.
- Blends well with dōTERRA On Guard® to boost its benefits.
- Diffuse to create a relaxing environment that encourages a restful night's sleep.
- Promotes feelings of relaxation.
- Promotes emotional health.

Microplex MVp™

- Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells.*
- Fights free radicals with the antioxidant vitamins A, C, and E.*
- Supports healthy metabolism and cellular energy.*
- Supports bone health with calcium, magnesium, zinc, and vitamin D.*
- Supports healthy immune function.*
- Supports healthy digestion.*
- Provides systemic benefits of vitality and wellness associated with optimal intake of essential nutrients.*
- Provides a balanced blend of essential antioxidant vitamins A, C, and E, an energy complex of B vitamins, and 800 IU of vitamin D.*
- Delivers a unique blend of health-promoting polyphenols from a variety of healthy fruits and vegetables, including resveratrol, grape, citrus and pomegranate.*

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- Includes a balanced blend of minerals including calcium, magnesium, zinc, selenium, copper, manganese, chromium, and other chelated minerals.
- Contains natural vitamin E tocopherols and tocotrienols.
- Includes the dōTERRA Tummy Tamer digestive blend of Peppermint, Ginger, and Caraway Seed.*
- Made with sodium lauryl sulfate-free vegetable capsules; does not contain milk or wheat products.
- Specially formulated to be used daily with xEO Mega as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.*

Mito2Max®

- Take a pill when energy levels are down.*
- Use before studying to help increase mental energy.*
- When tired, use for an extra energy boost.*
- Supports healthy cellular energy production.*
- Supports healthy mitochondrial function and aerobic capacity, and improves stamina naturally without the use of harmful stimulants.*
- Promotes healthy circulation.*

Myrrh

- Powerful cleansing properties, especially for the mouth and throat.
- Soothing to the skin; promotes a smooth, youthful-looking complexion.
- Promotes emotional balance and well-being.
- Add one to two drops to toothpaste for added cleansing benefits.
- Diffuse to help promote awareness and uplift your mood.
- Add to your lotion/moisturizer to help reduce the appearance of fine lines and wrinkles.
- Add one to two drops to one-fourth cup of water with a little agave or honey to help ease the stomach.*
- Put one drop in two ounces of water and gargle for an effective mouth rinse.
- Add one drop to your daily moisturizer to help promote youthful-looking skin.
- Diffuse when tension levels are high.
- Diffuse during the holidays to maintain peaceful feelings throughout your home.

- Promotes emotional balance and well-being
- Soothes the skin; promotes a smooth, youthful-looking complexion.

dōTERRA On Guard® Beadlet

- Keep in your kid's lunchbox and have them take one beadlet a day during the cold winter months.*
- Keep in your purse for on-the-go immunity support.*
- Conveniently pop one beadlet in your mouth each day for fresh breath.
- Convenient consumption method for On Guard Protective Blend.
- Promotes healthy immune and respiratory function.*

dōTERRA On Guard® Cleaner Concentrate

- Add one tablespoon to a spray bottle for an all-purpose cleaning spray.
- Spray on counters after cooking with raw meat.
- Use as a non-toxic cleaner on eating surfaces.
- Stinky dog, gym bag, or trash can? Spray around the house to reduce odor.
- Make cleaning simpler by using On Guard Cleaner Concentrate in your dirty bathroom.
- Use on sticky, hard to remove spots for cleaning around your home.
- After a playdate, spray or soak toys for a much needed cleaning.
- Naturally protects against certain environmental factors.

dōTERRA On Guard® Foaming Hand Wash

- Add to a foaming pump bottle to keep at your kitchen and bathroom sink, and use often to keep hands clean and soft throughout the day.
- Use to wash hands before dinner.
- If your kids have a sensitive nose, they will love the aroma of this cinnamon and citrus soap.
- After working on the car, use this On Guard Foaming Hand Wash for an enhanced cleaning ability that sets it apart from other brands.
- Gentle cleansers and emollients clean and soften hands throughout the day without drying or irritating sensitive skin.

dōTERRA On Guard® Laundry Detergent

- Use with grass-stained jerseys to help them look like new again.
- Add to your next load of delicate clothing to help preserve the soft and delicate fabric.
- No need to dump half a bottle to get the clean you need; simply add one tablespoon of detergent to your washer with each load for more effective results.
- On Guard Laundry Detergent helps rid each load of laundry of environmental threats to keep your family safe and your clothes fresh and clean.

dōTERRA On Guard® Natural Whitening Toothpaste

- Use before an evening out with your spouse to help freshen breath.
- Safe for sensitive teeth.
- In preparation for a trip to the dentist, use to remove plaque and stains.
- Cleans and freshens breath.
- Gentle enough to not damage tooth enamel.
- Improves the appearance of teeth.
- Fluoride-free formulation helps reduce plaque while whitening teeth.
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath and toothbrush.
- Boasts the protective benefits of On Guard essential oil blend.
- Includes Myrrh essential oil which helps with cleansing.

dōTERRA On Guard® Protecting Throat Drops

- Features the immune-supporting properties of On-Guard Protective Blend.*
- Take during a flight to help support your immune system.*
- Keep in purse or car for a convenient immune booster.*
- Give to teachers as a gift to help them during the cold winter seasons.*
- Use to help give soothing relief to dry, scratchy throat.
- Use during harsh weather conditions.
- Use before giving a speech or teaching a class.

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- Share with your theater friends before going on stage.
- Helps calm and soothe occasional dry, scratchy throat.

dōTERRA On Guard® Protective Blend

- With its unique aroma, On Guard offers a fragrant, natural, way to clean.
- On Guard is an effective alternative to synthetic options for immune support.*
- Diffuse for cleansing the air.
- Add two to three drops in a veggie capsule for a quick immune boost.*
- Supports the body's natural antioxidant defenses.*
- Rub on bottom of kid's feet during school season.
- Diffuse in home before company arrives to help cleanse the air and add a spicy and sweet aroma.
- Diffuse in class setting for an uplifting scent.
- Supports healthy immune function.*
- Protects against environmental threats.
- Diffuse in your home or office during fall and winter months.
- Add to water for an effect all-purpose cleaner for surfaces.
- Supports healthy respiratory function.*

dōTERRA On Guard® + Softgels

- Take on vacation for on-the-go immunity-boosting properties.*
- Convenient way to consume On Guard blend.
- Give to friend and family members who need an immune-boost but don't like the taste of essential oils.*
- Fortify your immune system before a big event, just take one pill for five days before.*
- Protects against environmental threats.*
- Supports healthy respiratory function.*
- Supports and maintains a healthy immune system.*

Oregano

- Put two to three drops in veggie capsule to help maintain a healthy immune system.*

- Add 10 drops to a spray bottle full of water for a last-minute counter spray.
- Oregano is an excellent source of antioxidants.*
- Add one drop in place of one tablespoon ground oregano to your favorite Italian dishes.
- Supports healthy digestion.*
- Supports healthy respiratory function.*
- May help to support a healthy immune system.*
- Used as a powerful cleansing and purifying agent.

PastTense® Tension Blend

- Add to temples and back of neck before taking a test.
- Apply to bottom of feet before an important meeting to help ease stressful feelings.
- Apply to wrists while traveling to help calm emotions.
- Massage into shoulders, neck, and back for a cooling, soothing sensation.
- Calms emotions.

Patchouli

- Add to daily moisturizer to help reduce the appearance of blemishes.
- Add three to four drops in a diffuser to help provide grounding and balance emotions.
- Apply one to two drops to back of neck after a long day of work.
- Promotes a smooth, glowing complexion.
- Recognized for its musky-sweet aroma.

PB Assist® + Probiotic Defense Formula

- Take two pills a day to help support a healthy digestive system.*
- Promotes a positive balance and proliferation of beneficial bacteria.*
- Maintains healthy intestinal microflora balance*
- Support healthy functioning of the digestive and immune systems.*
- Supports the health of the GI tract, particularly the intestines and colon.*
- Helps support optimal metabolism and absorption of food.*

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Peppermint

- Rub on temples after you wake up for a morning energy boost.
- Diffuse when feeling fatigued or low on energy.
- Take one to two drops in a Veggie Capsule to alleviate occasional stomach upset.*
- Promotes digestive health.*
- Place one drop in your mouth to help freshen breath.
- Add two to three drops to your favorite smoothie recipe for a refreshing twist.
- Place one drop in palm of hand with one drop Wild Orange and one drop Frankincense and inhale for a mid-day pick-me-up.
- Helps reduce bloating, gas, and occasional indigestion.*
- Promotes healthy respiratory function and clear breathing.*
- Commonly found in oral health products.
- Blends well with Lavender for a soothing massage blend.
- Add to cold water compress or foot bath to cool off when overheated.
- Inhale for a non-stimulant, invigorating pick-me-up on long drives.
- Add to shampoo or conditioner for a stimulating hair massage.
- Repels bugs naturally.
- Spritz around windows and doors.
- Diffuse during study-time.
- Apply topically to relieve feelings of tension.

Peppermint Beadlet

- Keep in purse or pockets for convenient access to fresh breath.
- Take one to two beadlets to help alleviate occasional stomach upset.*
- Helps reduce bloating, gas, and occasional indigestion.*
- Promotes healthy respiratory function and clear breathing.*
- Provides all the benefits of Peppermint in a convenient delivery system.

Phytoestrogen Lifetime Complex™

- Take daily to help balance and support normal hormone levels throughout a woman's life.*
- Gently supports a women through the menstrual cycle.*
- Helps to diminish the normal symptoms of menopause, such as hot flashes and night sweats.*
- Helps to support healthy bones, heart, and breast tissue as a woman ages.*
- Formulated to provide powerful antioxidant support.*

Pore Reducing Toner

- Tones and balances the skin.
- Contains purifying and calming properties.
- Formulated to visibly reduce the appearance of pores.
- Calms sensitive skin.
- Unique ingredient combination creates the appearance of toned and tightened skin.
- Promotes the appearance of hydrated, healthy skin.

Protecting Shampoo

- Helps keep hair looking healthy even when exposed to sunlight or blow drying.
- Helps increase color retention in chemically treated hair.
- Provides deep conditioning to restore moisture.
- Leaves hair soft, shiny, and silky.
- Reduces combing force in both wet and dry hair to reduce styling damage to hair.
- Helps to visibly reduce split ends.
- Reduces mechanical styling damage to hair and shortens styling time.
- Promotes cleansing and detoxification of the hair follicle and scalp by helping to remove residue left behind by styling products.

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Purify

- Refreshing aroma.
- Eradicates unpleasant odors and clears the air.
- Protects against environmental threats.
- Diffuse to purify and freshen the air.
- Freshen smaller rooms (or a car) by placing a few drops of Purify Cleansing Blend on a cotton ball and putting it into the air vent.
- Add five drops to a small spray bottle with water and use to wipe down countertops.
- Add a few drops to the rinse cycle when doing laundry to help eliminate odor.
- Apply to soothe skin irritations.
- Use to soothe away irritations from bug bites.

Reveal Facial System

- Provides a cleansing and purifying boost to the skin.
- Removes dead skin cells.
- Helps improve the appearance of the skin's surface.
- Tiny polishing beads and botanical enzymes exfoliate dead skin cells for a fresh face.
- Supports youthful-looking skin.

Roman Chamomile

- Has a calming effect on the skin, mind, and body.*
- Soothes the systems of the body.*
- May help to support healthy immune system function.*
- Add one to two drops to your favorite moisturizer, shampoo, or conditioner to promote youthful-looking skin and hair.
- Add one to two drops to herbal teas or hot drinks to soothe the body and mind.*
- Diffuse or apply to bottoms of feet at bedtime.
- Blends with lavender or balance.
- Diffuse to soothe anger and irritability.
- Apply to wrists and neck for a peaceful evening at home.
- Apply to chest over heart for feelings of well-being.

Root to Tip Serum

- Provides immediate conditioning, smoothing, and shine.
- Contains protective lipids to nourish, moisturize, and protect hair and scalp.
- Increases color retention in chemically treated hair.
- Deeply conditions and promotes hair surface maintenance, leaving hair soft, shiny, and silky
- Helps to improve the health of hair, resulting in fewer visible split ends.

Rose

- Combine with Hand and Body Lotion for a moisturizing application or combines well with other moisturizers to help balance moisture levels in the skin.
- Reduces the appearance of skin imperfections.
- Promotes an even skin tone and healthy complexion.
- Emotionally uplifting.
- Promotes feelings of relaxation.

Rosemary

- Supports healthy respiratory function.*
- May help to support healthy digestion.*
- Helps reduce nervous tension and occasional fatigue.*
- Apply to scalp and massage for an abundant-looking head of hair.
- Take internally to support healthy internal organ function.*
- Add one to two drops of Rosemary essential oil to meats and favorite entrees.
- Blend with Wintergreen and dōTERRA lotion for a soothing massage experience.
- Blends with Melaleuca and Basil for a stimulating scalp massage.
- Diffuse while studying to maintain concentration.
- Mix equal parts Rosemary and Lavender for stress reduction.*
- Combine with Epsom salts and Frankincense for a rejuvenating bath experience.

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- Blends with Cardamom, Lemongrass, Geranium or Clary Sage.
- Naturally repels insects.

Sandalwood (Indian)

- Promotes healthy-looking, smooth skin.
- Reduces the appearance of skin imperfections.
- Enhances mood.
- Frequently used in meditation for its grounding and uplifting properties.
- For an at-home spa experience, fill a large bowl with steaming water, then apply one to two drops of Sandalwood to your face and cover head with a towel. Place your face above the steaming water. Your skin will feel nourished and rejuvenated.
- Apply one to two drops to wet hair to help restore moisture and give hair a silky shine.
- Inhale Sandalwood directly from palms or diffuse to lessen tension and balance emotions.
- Add to your shampoo or moisturizer to improve the look of your skin and hair.
- Diffuse in your bedroom after a long, stressful day or before meditation.
- Apply to your skin the day before a big photo shoot or presentation.
- Diffuse or apply to the neck and shoulders at bedtime for a restful night's sleep.
- After a long day of working on your honey-do-list, add one to two drops to your hot bath to promote relaxation and reduce stress.

dōTERRA Serenity™ Calming Blend

- Creates a perfect escape with its calming, renewing fragrance.
- Promotes relaxation and a restful sleeping environment.
- Diffuses into a subtle aroma ideal for relaxation.
- Lessens feelings of tension and calms emotions.
- Apply to bottoms of feet at bedtime to help wind down before going to sleep.
- Add two to three drops to a warm bath with Epsom salts to create a peaceful, renewing aroma.
- Diffuse to help promote relaxation and decrease stress.

- Apply to an aromatherapy necklace to help reduce anxious feelings throughout the day.
- Diffuse at a family reunion when tensions may run high.

dōTERRA Serenity™ Calming Bath Bar

- Provides the benefits of Serenity Calming Blend.
- Cleans and conditions your skin naturally with coconut and safflower oils and shea butter.
- Free from harsh ingredients and artificial fragrances.
- Provides a serene, calming, cleansing experience.

Slim & Sassy Contrōl™ Bars

- Promotes feelings of satiety for up to four to six hours*
- Significantly reduces cravings for unhealthy foods.*
- Green, both literally and from a whole-foods standpoint.
- Functions as a prebiotic.*

Slim & Sassy Contrōl™ Instant Mix

- Promotes feelings of satiety for up to four to six hours.*
- Significantly reduces cravings for unhealthy foods.*
- Green, both literally and from a whole-foods standpoint.
- Functions as a prebiotic.*
- Contains 124 mg of Slim & Sassy Metabolic Blend.*

Slim & Sassy® Metabolic Blend

- Promotes healthy metabolism.*
- Helps manage hunger cravings.*
- Calms your stomach.*
- Lifts mood.
- Diuretic-, stimulant-, and calorie-free.
- Add to water or tea and drink before working out for a revitalizing energy boost.*
- Perfect for any healthy weight management program.

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- Consume before meals to help control appetite and overeating.*
- Add a few drops to Slim & Sassy TrimShake or V Shake.

Slim & Sassy® Softgels

- All the benefits of Slim & Sassy Metabolic Blend in an easy-to-swallow softgel.
- Promotes healthy metabolism.*
- Helps manage hunger cravings.*
- Calms your stomach.*
- Lifts mood.
- Diuretic-, stimulant-, and calorie-free.
- Add to water or tea and drink before working out for a revitalizing energy boost.*
- Perfect for any healthy weight management program.
- Consume before meals to help control appetite and overeating.*
- Add a few drops to Slim & Sassy TrimShake or V Shake.

Slim & Sassy® Trimshake

- Provides a convenient low-fat, low-calorie, high-protein, high-fiber, lean alternative for individuals trying to lose fat or maintain a lean body composition through calorie reduction and exercise.
- Helps control the release of the stress hormone cortisol, which is associated with the accumulation of fat, particularly around the stomach, hips, and thighs.
- Helps control stress-induced appetite, overeating, and carbohydrate cravings.
- Provides essential amino acids to help prevent loss of muscle mass and muscle tone.
- Helps support blood sugar levels already in the normal range.
- Enhances energy levels while helping to alleviate fatigue commonly associated with dieting and exercise.
- Helps fight hunger cravings.
- Can help supplement your exercise efforts to help you control stress, maintain muscle mass, and maintain the shape you worked so hard for.
- Drink to combat fatigue from early morning workouts.

- Drink for breakfast to take the stress out of cooking a healthy, balanced meal.
- Can be used to replace meals with at least one well-balanced nutritious meal daily.
- Supports increased feelings of satiety.
- Contains ashwagandha to help manage appetite.

Slim & Sassy® V Shake

- Provides a convenient low-fat, low-calorie, high-protein, high-fiber, lean alternative for individuals trying to lose fat or maintain a lean body composition through calorie reduction and exercise.
- Helps control the release of the stress hormone cortisol, which is associated with the accumulation of fat, particularly around the stomach, hips, and thighs.
- Helps control stress-induced appetite, overeating, and carbohydrate cravings.
- Provides essential amino acids to help prevent loss of muscle mass and muscle tone.
- Helps support blood sugar levels already in the normal range.
- Enhances energy levels while helping to alleviate fatigue commonly associated with dieting and exercise.
- A lean alternative for vegetarians, Slim & Sassy V Shake will help fight hunger cravings.
- Slim & Sassy V Shake can help supplement your exercise efforts to help you control stress, maintain muscle mass, and maintain the shape you worked so hard for.
- Drink Slim & Sassy V Shakes to combat fatigue from early morning workouts.
- Drink a Slim & Sassy V Shake for breakfast to take the stress out of cooking a healthy, balanced meal.
- Can be used to replace meals with at least one well-balanced nutritious meal daily.
- Supports increased feelings of satiety.
- Contains ashwagandha to help manage appetite.

Smoothing Conditioner

- Provides immediate conditioning, smoothing, and shine.
- Helps to replace appearance of hair mass lost through chemical and mechanical treatments.
- Helps improve the visible signs of damaged hair.

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- Helps keep hair looking healthy even when exposed to sunlight or blow drying and helps increase color retention in chemically treated hair.
- Provides deep conditioning and promotes hair surface maintenance in chemically treated hair, leaving hair soft, shiny, and silky.
- Reduces combing force in both wet and dry hair to reduce styling damage to hair.
- Reduces the appearance of split ends.
- Reduces appearance of mechanical styling damage to hair and shortens styling time by reducing drying time.

Spearmint

- Promotes digestion and helps reduce occasional stomach upset.*
- Add to your next DIY mouth rinse.
- Diffuse to promote a sense of focus and an uplifting mood.
- Apply to toothbrush before brushing teeth for clean mouth and fresh breath.
- Add a drop or two to any dessert, drink, salad, or entrée for flavoring.
- For occasional stomach upset, add one to two drops to water and drink.*

Tangerine

- Excellent source of antioxidants.*
- Soothing and relaxing aroma.
- Cleansing and purifying properties.
- Supports a healthy immune system.*
- Add two to three drops as a flavoring in cake and cookie recipes.
- Add one to two drops in water, smoothies, teas, or lemonade for flavoring.
- To boost energy and uplift mood, place one to two drops in the palm of your hand, rub together, and cup over the nose and mouth for 30 seconds or diffuse throughout the room.
- Apply to flex points or abdomen to promote feelings of happiness.

TerraGreens™

- Add a scoop of TerraGreens to your morning smoothie, for a perfect addition to any diet plan.
- Flavor with Peppermint or add to a smoothie for kids who don't like eating their vegetables.
- Mixing TerraGreens with water makes it easy to take it on-the-go while ensuring you get your daily nutrients.
- Provides the body with essential nutrients.
- Supports immune health.
- Supports digestive health.
- Supports weight management.

TerraShield®

- Diffuse TerraShield to protect you from insects during your summer barbecue.
- Apply to kid's arms and legs to help them get the most out of their summer vacation.
- To focus on experiencing nature instead of avoiding it, apply TerraShield before a hike.
- Apply topically or place on aromatherapy jewelry while camping or on a fishing trip.
- Acts as an effective insect repellent.
- Helps ward off insects.
- Don't let mosquitos ruin your outdoor experience, use TerraShield!

DigestZen TerraZyme®

- Delivers a balanced and comprehensive blend of digestive enzymes to support normal digestive processes.*
- Take Terrazyme with you while traveling and trying new restaurants to make sure stomach upset doesn't slow you down.*
- Take Terrazyme daily to support and enhance your body's natural digestive processes.*
- Terrazyme will help you enjoy the benefits of a healthy diet by helping to ensure that your body gets the nutrients it needs.*
- Supports healthy digestion and metabolism of enzyme-deficient, processed foods.
- Speeds conversion of food nutrients to cellular energy.

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- Promotes gastrointestinal comfort and food tolerance.
- Supports healthy production of metabolic enzymes.

Thyme

- Add Thyme to your favorite daytime diffuser blend to promote a sense of alertness.
- Add to your winter routine to support a healthy immune system.*
- Provides cleansing and purifying effects for the skin.
- Use one to two drops in place of dried Thyme in your favorite recipes.
- Thyme has a stimulating aroma.
- Naturally repels insects.

Tightening Serum

- Use every day to look as young as you feel.
- Apply the tightening serum to make your skin as smooth as a baby's.
- Maintain your clear, porcelain skin by adding the Tightening Serum to your daily routine.
- Improve smoothness of skin.
- Reduces the appearance of wrinkles.
- Promotes skin hydration, reducing the appearance of fine lines and wrinkles.
- Promotes skin clarity, reducing the appearance of spots and discoloration.
- Reduces the appearance of blemishes.

TriEase® Softgels

- Take TriEase before gardening this spring.
- Take before going out to feed horses or cows.
- Use when hiking during Spring or Fall.
- Protects against seasonal and environmental elements.*
- Cleansing to the body's systems.*
- Calming and balancing effects, internally and externally.*
- Promotes clear breathing and healthy respiratory functions.*

- TriEase helps you through changing seasons by protecting against environmental threats.*
- Taking TriEase daily during times of seasonal discomfort or to maintain clear breathing.*

Veggie Caps

- Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products.
- Made of inert vegetable ingredients that do not interfere with digestion.
- Includes 160 HPMC capsules.

vEO Mega®

- Supports healthy joint function and comfort.*
- Provides a healthy balance of omega fatty acids.*
- Protects against lipid oxidation and supports healthy function of the brain.*
- Take vEO Mega every day to promote healthy cardiovascular, nervous, and immune system function.*
- Promotes healthy skin.*
- Vegetarian-friendly.

Veráge™ Cleanser

- Cleanses and hydrates.
- Treat your skin with the Veráge Cleanser to nourish and hydrate the skin.
- Veráge Cleanser keeps your skin looking clean and healthy.
- Spoil yourself with a personal spa experience every day at home that invigorates and purifies the skin.

Veráge™ Immortelle Hydrating Serum

- Use Veráge Immortelle Hydrating Serum for smoother, more youthful-looking skin.
- For touchable, soft skin, use Veráge Immortelle Hydrating Serum.
- Erase years off your face; use Veráge Immortelle Hydrating Serum to promote youthful-looking skin.
- Hydrates deeply to reduce the appearance of fine lines and wrinkles.

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Veráge™ Moisturizer

- Veráge Moisturizer gives your skin an overall glow by improving the overall appearance of the skin.
- A gentle moisturizer that promotes healthy, smooth skin at any age.
- Apply daily to feel more confident with healthy-looking, smooth skin.
- Contains carefully selected ingredients known for their moisturizing properties.
- Effective moisturizer.
- Provides rich hydration.
- Contains fatty acids known for creating the appearance of plump, youthful-looking skin.
- Helps reduce the appearance of fine lines and wrinkles, resulting in a smooth, even complexion.

Veráge™ Toner

- Soothe your skin with Veráge Toner to always be ready for your close-up.
- Tones and promotes healthy-looking skin.
- Use Veráge Toner to revive and balance your skin, even when your day has left you unbalanced.
- Soothes and moisturizes skin.

Vetiver

- After a day of standing, apply to feet as part of a soothing massage.
- After a difficult school day, apply to your child's neck and feet to promote feelings of calm.
- Is rich in sesquiterpenes, which gives it a grounding effect.
- Calming, grounding effect on emotions.
- Before traveling for business or relaxation, take one to two drops of Vetiver with Lemon in a capsule for immune-supporting properties.*
- After a hard day's work, apply as part of a soothing aromatic massage.
- Use as an earthy base note in your favorite DIY diffuser blends.
- Used in many popular perfumes.

Whisper™

- After a shower, apply to wrists to create a unique and beautiful scent that accentuates your body chemistry.
- Diffuse in the evening, for a warming aroma that entices and intrigues the senses.
- Place on terra-cotta jewelry for a long-lasting scent that promotes calming emotions throughout the day.
- Provides a warming, musky aroma.
- Combine with Hand & Body Lotion for a moisturizing application.

White Fir

- When working through difficult circumstances at home or at work, diffuse white fir to reduce stress.
- After strenuous activity, massage into skin for soothing comfort.
- On a day when deadlines are approaching, add one drop of White Fir to your shower to evoke feelings of energy and empowerment.
- Diffuse for an energizing effect.
- Evokes feelings of stability.
- Place a few drops on your terra-cotta ornaments for a bright holiday scent.

Wild Orange

- Add a drop to your water for a burst of flavor and to promote overall health.*
- During colder temperatures, take one to two drops of Wild Orange in a capsule to support a healthy immune system.*
- During clean up, use Wild Orange to cleanse and purify countertops, tables and other surfaces.
- To improve your home's scent and to purify the air, place a few drops on your air filter.
- Place one drop Wild Orange, Peppermint, and Frankincense in your hand. Rub hands together and inhale deeply for an energizing aroma.
- Powerful cleanser and purifying agent.
- Before a stress filled day, diffuse for an energizing and revitalizing aroma.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Wintergreen

- Wintergreen contains the same active ingredient as Birch.
- Massage into hands, back, and legs for a soothing and warming sensation after exercise.
- Place a few drops of Wintergreen on a cotton ball and place in your gym bag. Wintergreen's strong scent will work to mask any odor.
- Apply to skin to reduce the appearance of blemishes.
- Diffuse for a sweet, uplifting aroma.
- Commonly used in oral health care products.

xEO Mega®

- Promotes healthy cardiovascular, nervous, and immune system function.*
- Supports healthy joint function and comfort.*
- Provides important modulating nutrients for healthy immune function.*
- Protects against lipid oxidation and supports healthy function of the brain, eyes and nervous system.*
- Promotes healthy skin.*

Ylang Ylang

- Apply Ylang Ylang to the back of the neck for a calming, uplifting effect.
- Blend several drops of Ylang Ylang with dōTERRA® Fractionated Coconut Oil and massage into back and shoulders to help reduce the effects of daily stress.
- During the damaging heat of the summer, massage Ylang Ylang into your scalp to increase the appearance of healthy, shiny hair.
- Add Ylang Ylang to dōTERRA® Fractionated Coconut Oil for a deep hair conditioner.
- Diffuse to lift your mood while experiencing a calming effect.
- Promotes a positive outlook.
- Ylang Ylang provides antioxidant support.*

Zendocrine® Detoxification Blend

- If a lifestyle change is one of your New Year's resolutions, take one drop of Zendocrine daily for a week to kick-start your program.*
- Take Zendocrine to support the body's natural ability to rid itself of unwanted substances.*
- Add one to two drops of Zendocrine to citrus drinks, tea, or water to support healthy liver function.*
- Purifying and detoxifying to the body's systems.*
- Zendocrine delivers powerful antioxidants.*
- Supports healthy liver function.*

Zendocrine® Detoxification Complex

- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.*
- Supports normal self-detoxification functions of the cleansing organs.*
- Purifying and detoxifying to the body's systems.*

Zendocrine® Softgels

- Helps cleanse the body of toxins and free radicals that can slow the body's systems down.*
- Helps support healthy liver and gallbladder function.*
- Provides purifying effects against unwanted substances in the body.*
- All the benefits of Zendocrine in an easy-to-consume softgel.

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